

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the first thing you'd do if you won the lottery?



"I would probably spend it pretty quick on a big trip around the world."

Mike Schneider,
first year
design and
communications

"I would go play off noise and respond into a class to me and pay off every one's debt."

Matthew Ciolek,
first year
electronics and
engineering



"I would buy a Cadillac Escalade."

Kelli Williams,
first year
sciences and
business

"I would buy seven Volkswagen Beetles, one for every colour of the rainbow."

Lindsay Rapetya,
second year
first third journalism



"I would fit an Olympic-sized swimming pool with Cadbury Creme egg filling and swim in it."

Stevie Mitchell,
second year
broadcast journalism



"I would try to get away with the perfect murder."

Mike Bolton,
first year
television broadcasting



Students excel at Wood WORKS! gala

By MICHAEL SPRACKLIN

Normally one's wishes to keep quiet and tidy themselves, when Michael Spracklin and Michael O'Neill's are suddenly covered in conflict, they must it, possibly.

The two were part of a student group who participated in the WoodWORKS! Product Design Competition at this year's WoodWORKS! Award Gala. The goal is for students from universities and colleges across Ontario to create a wood product with marketability.

The team was awarded \$2,000 for placing on the Top 15, and then went on to win third place which resulted in another \$2,000 win at the same competition. The team of Ben Wright, O'Neill, Jason McInnes, Michael, Josh Wright, Jesse Gault and Spracklin produced a product called the Canoe, a car-

top carrier resembling a canoe, which was, of course, made of wood.

"When I saw the idea, I just couldn't take it down. It was something that's never been done before," said Spracklin. The product was thought up in just 10 days by Ben Wright, the team's leader, before the contest deadline.

"In 10 days it went from an idea, to the drawings to the actual product," said Spracklin.

The Canoe was made to appeal to fans of the outdoors, and is able to carry equipment and luggage.

"Rather than have the plastic ones that are out on the market, this one is constructed of wood and is waterproof and sealed and looks really great," said Michael, a woodworking professor and faculty advisor to the team.

The award winning product

was paired with a business plan, which was a requirement of the competition. Not only did the contestants work hard at their craft, they had a lesson in marketing.

"I learned from the guys from (University of Waterloo), the marketing aspect of a product," said O'Neill, who will carry this knowledge with him after graduating.

Students can learn valuable information such as this from the competition, which came yearly in Toronto at The Canoe, located on the seventh floor of the Eaton Centre.

"They're trying to get the most comprehensive of young people to consider wood and the value of wood and what it can be used for," said Spracklin. "I encourage my students each year to participate and try to come up with a new invention made out of Ontario woods."



Photo courtesy

The members of the student wood product design competition, from left, Michael O'Neill, Ben Wright, Michael McInnes, Jesse Gault, Josh Wright and Michael Spracklin, stand next to their creation, "The Canoe."

LAST-THROW EFFORT





PHOTO BY AMBLY DILL

Conestoga Students (top, president Shanna Jansen above left) speak at a Remembrance Day ceremony held at the Union campus on Nov. 12. Above right: people at waiting in the atrium for the ceremony to start.

Conestoga remembered

By AMBLY DILL

"And now we are in Pleasant Fields." It is a line that almost every Canadian knows. But how many stop to really think about its meaning?

On Nov. 12, students, faculty and staff gathered in the atrium at Union campus as well as on Onkapileg and Waterloo campuses to participate in the traditions that were made to maintain Canadian Remembrance and to remember those who fought.

This year was the first time that ceremonies were held at Waterloo and

Onkapileg campuses as well.

Conestoga Students Inc. worked together with Students Left to put together the service that started at 10:35 a.m. in the lower stadium and on the other two campuses.

Shanna Jansen, president of CSI, and I thought it would be nice to work together to hold the ceremony as the goal was to create a Remembrance Day ceremony that also provides an opportunity to bring together the community of Conestoga College, our faculty, staff and students," said Student Life program

and Elissa Greenman.

Myrna Harty of Aboriginal Services performed a smudging and opened with a prayer, while Ronan Lupton, the Student Life coordinator, announced the event. Director of safety and security Don Willes also spoke at the ceremony.

Jansen had some wisdom to pass on to those who gathered in the atrium.

"The history of war is the history of both hope and despair... that is why we come together on this day," she said.

Christmas craft show Nov. 28

By BARA COBBE

We all have our favourite Christmas tree ornaments or that handmade gift we got out with us. Maybe it's that picture frame holding a photo of you with Santa when you were only three or how about that pine cone basket with ornaments that you made as first grade? Whatever it is, Christmas crafts are a fun way to get you into the holiday spirit.

Whether if you have arts and crafts, or just don't have time you may want to head to the Colchester Community 500 Ross Village Rd. in Kitchener, for its second annual Christmas Craft and Gift Show on Sunday, Nov. 28 (opens gates at 11 a.m. and the event will run until 4 p.m. Admission is free).

We have all types of vendors profitably working, hand painted items, knitted robes, pet products and more. It's all and even so online for Cheryl Crawford.

With the holiday season on the horizon, people are beginning to save their dollars to buy those special gifts. However, instead of a store bought present, how about a hand made item this year?

Hand made gifts are the best kind. They're more personal," said Kathy Park, a first-time attendee and recently translocated musician.

Whether you wanted to run away from the store to buy the last one "I'm something," we could pick out something special and handmade, for that added personal touch.

Spencer Teeter performs live on CJIQ

By GERALD OTTER

Spencer Teeter dropped by CJIQ to do an interview and live performance on the show Pull the Plug Nov. 19.

For those not in the know, Spencer Teeter is both the name of a band and the name of the driving force behind the group. Spencer is the lead singer and backup around guitar, piano, the songwriter and the inspiration and energy behind the band. When all four members of the group are performing he plays lead electric guitar.

Accompanying Spencer was his brother, Blake. Normally the drummer, he played a different instrument when he brought along his Yamaha acoustic guitar and played lead while singing his vocal backup. His harmony singing was subtle but effective.

The two regulars who were not there are Kevin Watson, who plays keyboards and JD Sinopeltis, who plays electric bass. Since it was an occasional program and the plug play electronic instruments

this was appropriate. Besides the studio and wouldn't have really recommended any more musicians, but about the upright piano and wind-up bass they would have noted.

However, with only half their members and no instruments, the band still had a vibrant presence. This was mostly due to Spencer himself. He has a strong and sure voice which carries the music of what he is singing. You can tell by the expressions that the series has mobile face that he feels strongly about his material.

The Spencer Teeter band has been an existence only since the end of last year. They have already released a dozen albums titled Lost and Found, with a song from it, Maybe You Wrong getting some air time on radio stations.

The full band will be at Moby, Bloom's in Kitchener on Nov. 20. A proposed tour they had scheduled has been cancelled due to the withdrawal of a major sponsor.



PHOTO BY GERALD OTTER

Spencer Teeter puts some feeling into his singing while brother Blake accompanies him. The duo were live on the CJIQ show Pull the Plug Nov. 19 from 800 p.m. to 9 p.m.

Proposed show would be an embarrassment

By STEVE DEBARTIS

Canada is known as a multicultural country, and Toronto as its multicultural centre — a place where different ethnicities are welcomed and respected.

So why is the teacher for the new Toronto-based Junior World speech? Later this, a mixtape of his tasteless stereotyping and racist remarks?

"I'm not a racist because I hate everybody equally. Especially Jews," says the host as he tells "The Trick" to her audience. The racist content of the show has stopped it from being picked up by any station, and caused all the major Canadian news outlets to express disgust.

All eight of the finalists for the show are labelled by their race: "the African," "the Lebanese," "the Pole," "the Vietnamese," "the Czech," and "the Indian," who is shown sporting a helmet that reads "WUROP".

The teacher has sparked criticism from most big media outlets, and has even been called "anti-Semitic" in a CBC article published Nov. 11.

However, critics people for the reality show are saying that it is merely a social experiment: looking into how "hate speech" Canadians really are.

If this show was being filmed as a documentary rather than as a reality TV money grab, then this experiment might hold more weight. As for it being an experiment, anything eight-year-old club boppers and trying to pretend they seriously represent the people of Toronto is ridiculous.

This show is nothing more than a carefully crafted look into the hate between eight individuals, chosen by their ability to create the most entertaining and shock value.

If you're seen Rob McElroy's To Being in America, then you know the world already has a very narrow view of what it really means to be Canadian. This show is exactly the kind of example Canada does not need. Like the opening ceremony of the Olympics, this is yet another chance for Canada to embarrass itself on the world stage.

The show has been against the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification.

No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address: Campus, 4000 St. John's, 799

4000 Valley Dr., Downs (CIBC), Mississauga, Ont., M2S 4K4



CFL rivalry heated up before Toronto's win against Hamilton on Nov. 14

The only cure for litter is you

Littering. It's so easy that often gets ignored, happens everyday and is having a big, still impact on the environment.

Whether it's someone, not just as just plain littering, it's starting to take over at Conestoga College.

"It's everywhere and it's dirty," said Charlotte Zukowski, a second-year student at the office administration legal program.

Take a stroll down one of Conestoga's many beautiful walking trails or through a parking lot when it isn't jam-packed with cars, and you will see a trail. Garbage is scattered all over the place and is creating a dark shadow over the campus's beauty.

Conestoga has done its job, by posting signs that say "the only cure for litter is you," then should encourage people to hold on to that McDonald's wrapper or empty Tim Hortons cup and find a proper place of disposal.

Conestoga also has the cleaning services of Martin Building Maintenance. They are responsible for cleaning all of the Conestoga's open air and have always taken



Nicole Matthews
Opinion

care in keeping the college clean.

However, their job shouldn't be to clean up the mess left by others.

Littering anywhere is a wrongful act, and doing it at school has peaked many, including Chris Hangerer, resident manager for Martin Building Maintenance.

"I don't understand it. If waste receptacles are provided in the area why would you want to disregard the place you live, work and hang out? It's a disgrace about your self," said Hangerer.

Although it may not be fully understood why people continuously litter, there are several theories.

Though litterers and smokers play a role, there is also consideration and consideration those people may come from a background where that behaviour (litter-

ing) is acceptable between someone else checked up after them," said Hangerer.

Some litter because they assume that someone will eventually pick up after them. Many may not understand the negative impact that their actions can have on the way.

"Littering has a major impact on the environment because most of the litter being collected from ground areas will end up in the land fill instead of possibly recycling bins. In addition to the ethically unpleasant view of a garbage strewn area, damage to waterways is evident," said Hangerer.

Even with numerous programs in place and reminding signs at the college, many still seem to think that nature is the most convenient way of garbage disposal. However, the earth is not trash can and neither is Conestoga.

Children learn at a young age the principles of the three R's: reduce, reuse and recycle. If they can understand and grasp this simple concept, mature adults should be able to do the same.

SPOKE

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Stress increases smoking

By KATHRYN BOURGAIN

How many times have you found yourself for a moment, being outside for a cigarette? Statistics say 15 per cent of Canadians smoke, which means almost 1,200 cigarettes lit daily. Students and staff light up. To some smokers, the college has designated smoking areas outside.

I know they exist, but I don't know where they are and Will Whitney, a computer programming/analyst student, said, "I know they exist, but I don't know where they are."

Students have a hard real time relaxing; smokers are not in smoke within the last 300 metres of this rule, but not all do so regularly in the winter months. With the stress

of mother's day is the smoking area are more smoking. I've been smoking a lot more lately, and when I think of smoking, I think of it.

Q
I know they exist, but I don't know where they are.
A
— Will Whitney, a computer programming/analyst student.

Q
I've just been in a stress and lately not smoking helps me feel calm. I've been hooked on smoking and cigarettes because it's almost the end of the semester. Smoking just helps me relax the stress.

Many students use stress areas, yet don't consider the effects and consequences of

smoking.

According to the Canadian Lung Association's website, more than 10,000 Canadians die each year from lung cancer. About 10,000 Canadians die each year from heart disease. About 10,000 Canadians die each year from chronic obstructive pulmonary disease.

A cigarette also contains more than 1,000 dangerous chemicals. While students say that this is helping them relax, stress, it is also helping them relax. Stressful times. At this time of your stress, don't think of it as your healthiest. If you want to do well when writing exams.

On top of that, smokers are at a high risk of getting cancerous diseases including cancer and heart disease. It may not be the best time to quit, but with Christmas holidays just a few weeks away it is a good time to start thinking about it.

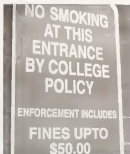


PHOTO BY KATHRYN BOURGAIN

Enforcement duties at the college feature these warning signs. If a student smokes within the red lines, they could face a fine of up to \$50.

LETTER TO THE EDITOR

Fundraising students deserve accolades

My letter in response to the article that appeared in the Nov. 15 issue of *SpQR* titled "Jerry Shum: student fundraiser talks that I was surprised to find the lack of facts included in the story." While it was a short story on campus fundraising, I was surprised that the total dollar amount raised was not the stated — which was \$100,000. This total was released to *SpQR* as time for press but was not published. This was our third highest-grossing student fundraiser out of 11 student fundraisers, and was the final fundraising event that had more than \$100,000 raised. I was surprised that the total dollar amount raised was not the stated — which was \$100,000. This total was released to *SpQR* as time for press but was not published. This was our third highest-grossing student fundraiser out of 11 student fundraisers, and was the final fundraising event that had more than \$100,000 raised. I was surprised that the total dollar amount raised was not the stated — which was \$100,000.

I think it's important for us to get into perspective how much that money will help our community.

■ \$100,000 can help the Learning Disabilities Association of K.W. by providing 100,000 of our own fundraising support for parents of children attempting to attend. In addition, it can also provide 10 children's books that have a high interest story along with low vocabulary to enable struggling readers to be successful.

■ \$100,000 could help Big Brothers Big Sisters of K.W. &

Area provide support to more than 100 Grade 1 & 2 girls to receive a one-week program dedicated to supporting the development of self-esteem and healthy body image.

■ \$100,000 could provide 200 meals of emergency food assistance to low-income families at the House of Friendship.

\$100,000 could provide 200 meals of emergency food assistance to low-income families.

These are all quality initiatives that contribute to areas at our local community who will now be desperately helped from these students' hard work.

Yes, absolutely the students were challenged with such a small amount being that it was a Friday and many students on our campus do not have class on Fridays or their schedules clash early on this day. However, I am sure that they are in need of a well-deserved congratulatory note for an incredible job well done in light of such short notice.

Bryan Connell
Student Life program co-ordinator

We may just talk to few, but our words can be heard by many.

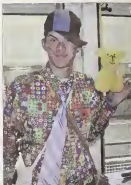
The language we use can set the tone for our community.

Thank You for Being the Difference

random acts of kindness

creating hope

PHOTOS BY
AMANDA BAINES



Coverings students closed down and passed it forward on Nov. 12 during the Random Acts of Kindness celebration at the AHS. Before students, those painting and free passaging leaders credit credit were new to the world this year.



Sleeping Cinder White is a fun fairy tale fiasco

By CAMERON BOWEN

512-554-0000

Take a break from your Christmas shopping with KWL's whimsical performance, *Sleeping Cinder White*. The show is being performed at the Kinsler-Walker Little Theatre, 9 Prince to E on Waterloo, on Thursdays, Fridays and Saturdays from Nov. 15 until Dec. 11. Showings start at 7:30 p.m. and there will be Saturday matinees at 2 p.m. Tickets cost from \$15 to \$25. To reserve tickets, email book@kwl.org or call

the play is a mash up of a few fairy tales, tied together with a confused narrative, unexpected musical numbers and a whole lot of fun for people of all ages. "You can expect a lot of laughs," said the director, David Allen. "The big one with performance is audience participation." Actors on the stage will interact with the audience during the play. Allen hopes to see kids standing on their seats, pointing and laughing at the actors. The writer, Bob Clark, has

written several plays before, but this is the first one that he hasn't directed. "I'm looking forward to opening night when I get to see it," he said. He acted in the last two Christmas performances, and when he found out they were looking for someone to write this year, he thought, "Well, I'll write one," and he sat looking with his laptop and started typing it up. "One of the biggest rules in the play although not the main character, is the mermaid, Philip. He will be played

by J.J. Stone. She's been acting with KWL for about four years, and before that participated in drama clubs at both high school and university. "I'm definitely not professional," she said, "but I love to do it." She auditioned for the show because she wanted to be involved with something fun and fun Philip is one of 15 roles that 40 people auditioned for. "He's not supposed to be the mermaid," said Stone. "He's kind of a nerd. He's the usual in the regular guy. He gets

the parts the audience is going through because he's going through it too." *Sleeping Cinder White* will be the first Christmas production the KWL has performed in its own theatre. The theatre has been under construction for the past seven years, and was finally finished this past July, and had its grand opening in September. The theatre holds 60 people, and tickets for *Sleeping Cinder White* are going fast, with one of those tickets already almost sold out.

Conservatory changes name

After 10 years, 'Cambridge' added to advertise location

By CHRISTINE HEDDER

As you walk into Wings of Paradise you are whisked away to a tropical land full of butterflies, birds and insects.

With the conservatory's 10th anniversary fast approaching, it was decided a new name was in order.

The board of directors voted unanimously in favour of changing the name from Wings of Paradise to the Cambridge Butterfly Conservatory.

Butterfly Conservatory: The name was chosen to better advertise the conservatory's location.

"We thought that the name change would help people find us better," said Doug Wilson, chairman of the board.

The conservatory features 50 to 70 different species of butterflies such as the Blue Morpho butterfly from Central and South America. There are 5000 to 6000 flying free in the exhibit year round.

The admission is up to \$10 for any 105 kids to \$10.50 for adults.

Not only do you experience the gorgeous colours of the butterflies but you also enjoy the sounds of the 10 to 15 different types of tropical birds from around the world such as a red-tailed oriole bird, green winged teal, blue-winged teal and many more.

The conservatory has an impressive education and outreach program.

"We have a large education program," said Wilson. "We get a lot of students throughout the year that enjoy every

minute of it."

Over the years the conservatory has become a popular place for weddings.

The conservatory is provided with a wedding table and chairs a butterfly release for the wedding couple and a butterfly frame.

A conservatory ceremony has the surrounding of the tropical gardens, waterfall and butterfly that make the day unique. It can accommodate 20 guests sitting or up to 100 guests in standing groups.

The marriage room ceremony has a chapel like setting for a traditional but it can accommodate up to 70 seated guests.

Monkeys live in the grounds from the Great Lakes to the Gulf of Mexico a distance of about 3,000 kilometres, starting in August until the first frost. They return north again in the spring.

For the upcoming holiday season Flight of White, a special holiday exhibit featuring a variety of white butterflies, will take place from Dec. 1 to Jan. 3.

One of the more unique activities that has been featured at the conservatory is the annual BugFest, where you can sample the insects that have been prepared at home.

This event is a full time experience in happening from March 12 to March 20, 2011.

The conservatory is open seven days a week from 10 a.m. to 5 p.m. daily, with the last admission being sold at 4 p.m. It is closed Mondays from Oct. 15 to March 1.



Part of the conservatory's new exhibit, the waterfall is a popular attraction.

The tropical garden of the Cambridge Butterfly Conservatory features many exotic plants, birds and insects. The temperature ranges from 24 to 28 °C with high humidity.



The blue morpho butterfly is a blue and white butterfly with a wingspan of 10 to 12 centimetres. It is from Central and South America and is especially known for its iridescent blue. It is especially known for its iridescent blue and its butterfly wingspan. It is one of 2,000 to 3,000 that are flying in the Cambridge Butterfly Conservatory year round.

STUDENT CO-OPERATION ON THE WALLS, IN THE HALLS



PHOTO BY MARION KIRCHNER

Students in the visual communication program assist graphic design students by putting up posters of their work in the display cases at the college's College of Arts.

IN BRIEF

Here comes Santa Claus

By LARNA HEDDER

At the Cambridge Butterfly Conservatory, Santa Claus and his elf will be in the conservatory from November 19 to November 20, 10 a.m. to 2 p.m.

Anyone can have a free 30-second photo with Santa, as long as you bring a small, portable food item to the conservatory. All proceeds go to the OHSU fund, a charity to support cancer research. All proceeds go to the OHSU fund, a charity to support cancer research. All proceeds go to the OHSU fund, a charity to support cancer research.

Put up your photo from 24 to 28 °C with high humidity.

Smith fifth fastest in Canada

By LARNA HEDDER

Canada's fastest 100m sprinter is the fifth fastest in the world, according to the IAAF. The 100m sprinter is the fifth fastest in the world, according to the IAAF. The 100m sprinter is the fifth fastest in the world, according to the IAAF.

The 100m sprinter is the fifth fastest in the world, according to the IAAF. The 100m sprinter is the fifth fastest in the world, according to the IAAF. The 100m sprinter is the fifth fastest in the world, according to the IAAF.

Other Canadian sprinters in the 100m sprint are the fifth fastest in the world, according to the IAAF. The 100m sprinter is the fifth fastest in the world, according to the IAAF.

So, you think you can dance?

By MANDY LUTHERANCE

Revels surprised an audience in Canestoga Students Inc. announced two first place winners in a dance-contest.

On Nov. 9 C&S held their second annual So You Think You Can Dance competition. In the end, judges couldn't choose just one winner, so the \$200 cash prize was awarded to two contestants.

They were Philip Yoo and Samantha Lichtenfeldt - a first year advertising student.

Yoo impressed the audience with his breakdancing moves, while Lichtenfeldt entertained

and mesmerized the crowd with her tap dancing routine. "I was only nervous because of the 'slippery floor,'" Lichtenfeldt said after the competition.

The annual Dance was not designed for tap dance, but she took the risk, impressing them after a few close calls, she gracefully finished her performance.

The second place prize of \$100 was awarded to Luan Johnson, a first-year advertising student, who started off the competition with a pop and lock freestyle dance that energized the crowd.

Many contestants stopped up

to compete, bringing to the Dance a variety of styles of dance including tap, jazz, lockin, and breakdancing.

The rules of the competition were simple: contestants could dance to the song of their choice and for however long they wanted, and the audience was told no voting was allowed. They followed this policy and were respectful.

C&S board of directors' members Tanya Schmidt, Amanda Blank and Taylor Watson judged the dancers based on overall impression, preparedness, uniqueness of performance and level of difficulty.

The crowd was full of people before the competition even started with many cheering on the dancers as they showed off their moves.

"This year's turnout made me more excited by a million per cent, if that means," said Tim Hermal, C&S event co-ordinator.

While waiting for the judges' verdict, contestants entertained the crowd by dancing together and even not dancing.



PHOTO BY MANDY LUTHERANCE

Philip Yoo took first place with his impressive (breakdancing) routine in C&S's So You Think You Can Dance competition on Nov. 9.

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Recruiting ORIENTATION LEADERS for January 2011



Applications are DUE Wed. Nov. 24 by NOON
in the Student Life Office (2A101-2) Doon

Applications available in the Student Life Office 2A101-2
or online at www.canestoga.ca/orientation

 **Student Life**
Shape your experience



PHOTO BY GUY HARRIS

Already stuffed: Conestoga students continue to chomping on hot dogs in the Sanctuary on Nov. 22. They were attempting to win the event, and win a cash prize.

CSI stuffs the Sanctuary

BY GUY HARRIS

Hotdogs were the only food on the menu on the Sanctuary during Conestoga Students' hot dog eating contest on Nov. 18.

All students were welcome to join in on the fun and scarf down some hotdogs after signing a safety waiver.

Contestants had three plates of hotdogs in front of them, with 10 minutes in total. Ketchup was available as well as bottled water to help wash down the food. To win, students had to eat the most hotdogs, buns and all. A half-eaten hotdog did not count.

"I believe it went well, although I did not estimate how many hotdogs students could eat," said CSI event co-ordinator Terry Harnett.

CSI ordered 200 hotdogs but only went through 180 during the contest, leaving the other half available for students watching in the Sanctuary.

Contestants ate away at their hotdogs

securely as there was no time limit. Ketchup was served to eat after most had finished their first plate of five hotdogs. Some tried ingenious tactics to make the task at hand a bit easier such as squishing the hotdogs so small so they would be "pouring water on the bun, and even eating the bun and bun separately."

There were two rounds of the contest giving lots of students an opportunity to participate.

First-round winner, conestoga went working student Andrew Louder, appeared at once while eating his portion and had a lead on the other contestants from the beginning.

"I have never seen that many hotdogs before," said Louder.

The winning total was nine out of 15, while most students averaged around seven. Louder left the Sanctuary with a \$100 cash reward, along with a full stomach.

Second round winners were Kyle Glover and Nick Petric.

Good Food, Cheap!

JR. BACON CHEESEBURGER

\$1.89



Guelph:
215 Woodlawn Rd.
(Woodlawn & Imperial)
Waterloo:
221 Weber St.



You know when it's real!

Healthy Student Week



November 29 - December 3

- Check out the games and displays offered by the Pre-Health Sciences & General Arts and Sciences - Health Option students!
- Learn to eat, think, sleep and play healthy!



Zumba class is a fun way to get in shape



Conestoga College holds a Zumba class in the recreation centre every Thursday at 4:30 p.m. Zumba is a cardiovascular exercise routine that takes its inspiration from Latin dance. Mixing karateka, salsa, tango, the class will lead participants through the high energy music which includes several dance-the moves. Zumba was created in the mid 1990s by celebrity fitness instructor Alberto Perez. The class is free to Conestoga College students, and both men and women are welcome.

PHOTOS BY PAUL IRVINE



HOROSCOPE

Week of November 20, 2012

Aries

March 21
April 19



How many times this week are you going to find yourself chased by red dogs? A fire dog entering your stack.



Taurus

April 20 - May 20

You will be quite shocked to discover that you have the same super powers as Superman. He will then sue for copyright infringement.



Gemini

May 21 - June 21

This week you will find yourself playing chess against Death. You will be on a beach (ignore Neptune) and make a move about it.



Cancer

June 22 - July 22

You will meet your favorite musical artist, but be disappointed. They put their nose you out. It's quite gross, you know?



Leo

July 23 - August 22

You will find yourself buried in three martial arts, but with a Cyborg. You will finally see where you live every weekend, but left time, to trip last.



Virgo

August 23 - September 22

This week you will see a cat in a lottery. You had it's a 15 Piece. Make sure you don't back into any walls.



You're moving into the end of the school semester, work is starting to pile up. Build a robot helper named HAL to help you out.



Libra

September 23
October 22



Scorpio

October 23
November 21

You will suddenly start the mobile apocalypse during your science class. You can survive it if you start looking for escape routes now.



Sagittarius

November 22
December 21

You will suddenly end up on the Red Bull movie where he can, hear you, and he will challenge you to a boxing match. He is huge, you will probably lose.



Capricorn

December 22
January 19

Coffee will be your friend as your Scorpio friend starts a martial apocalypse. Purify your house, and learn to like the end of your house.



Aquarius

January 20
February 18

You're going to start having Vietnam flashbacks. You have never been to Vietnam. This is going to seem very confusing to you. The better.



PHOTO BY MARQUE MATHEW

Before an intramural basketball game on Nov. 18 at Gonzaga College's gym, center Thomas

Getachew practices his mid-range game with a jumper from the right wing. It was coming but not

Intramural a slam dunk

By MARQUE MATHEW

At Gonzaga's intramural basketball, you probably won't see a clean dunk or a lesser-looking half-court shot.

However, you will see a group of students having a blast playing some hoops.

Thomas Getachew, a first-year student in the engineering technology program, just came out of high school where he played on the basketball team. He played in many games and kept his game at a high level.

Getachew has been enjoying his intramural experience.

"On his it's fun. I met a lot of new people and I like the competition," he said.

One of the main reasons why so many participate are playing intramural basketball is because the rules are flexible.

"We don't have strict rules

We let them play the way they want to play as long as everyone agrees on the rules," said assistant athletic commissioner Wade Hall, an assistant business manager. "A lot of people really like it this way," he added.

However, even with many lifting the competition and lenient rules, such as calling your own fouls, basketball has been on and off the list for weeks due to events such as the career fair, convocation, and several volleyball on campus.

With so much going on at the end of the year, the schedule has gotten quite confusing in recent weeks. On Nov. 14, only a couple of people showed up for Wednesday night's scheduled game resulting in a forfeit. The few who did show up ended up just shooting around and taking advantage

of an open court.

However, with the career fair and convocation in the past, basketball should be back at full strength.

There has never been a question about the quality of this year's intramural basketball, just a question of when.

"The really fun when people would show up," said Steve Sklar, a first-year student in the fitness and health program.

Many students that intramural basketball a great way to meet new people and play a fun sport while in the process. So if you have a passion for the ball or just need a few of your buddies want to join, the second session will start on Jan. 29.

If you're afraid of "getting whacked" on the court, don't worry. Convocation, welcome all still levels in come out and play some friendly ball.



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Paul Irvine carefully examines the spine and then ignores them for your assessment.

Pub night brings cheers and beers

By SPIN MAGAZINE

The only thing colder than the beer at U20's sport-themed pub night was the Mount Saint's officers.

Coverage Students Inc. served a clash between NHA representatives Mount and St. John's at the Sanctuary big screen Nov. 11. The event was the first sports-themed pub night of the year and was free to all Conestoga students.

"Sports fans represent a niche market at the school," said CSI director of social programming, Kade Choudhry. "We wanted to hold a pub night during a sporting event because they're a great way to get together with old friends while enjoying new friends with a common interest."

The event wasn't limited to the big screen. There was a trivia sheet to fill out and prizes were drawn during the game. The prizes were provided by Clones Entertainment and included T-shirts and three pairs of tickets to see the Toronto Raptors. Last March, CSI received \$50 for winning the trivia contest.

"Pub nights are a great idea,



Choudhry with student

Prizes were drawn during CSI's sports-themed pub night on Nov. 11 in the Sanctuary. CSI director of social programming, Kade Choudhry, presented Adriane Bialkic, left, with a set of tickets to a Toronto Raptors/Mount Saint's basketball game.

the Sanctuary had a good environment," said Pharm. 20, a second-year medical and sports management student. "Plus everything is more enjoyable on a big projector."

Pharm. board chair, the pub

night during a three-point shooting contest held in the rec centre Nov. 8. Students were given an extra ball for every basket they made in the NHA All Star week and a prize contest. CSI ran the contest to promote the sport-themed

pub night.

"We were shocked by how many people showed up," said the 20-year-old Choudhry. "At one point there was a line-up from one side of the gym to the other."

There was no questioning

which team had the majority of support during the Mount/Clones matchup. Chouh, the former fan of the Toronto Raptors who led to in Mount this summer, was easily proven by the crowd during the game. The biggest cheer from the crowd of roughly 50 came after an explosion from quarter alone. Chouh by Clones point guard Rapon Kende. It reached three meters by before James asked the victory for Mount.

"I came out to have a good time and watch the game with my friends," said second-year general business student Dave Gossain. "I'd support a couple more television to encourage more people to come out. It'd be cool to have basketball, hockey and football all playing at the same time."

Choudhry says CSI plans to hold future sports pub nights during the NHL and Monday night football.

"My vision is to see students come wearing their favourite team's colours," Choudhry said. "I wouldn't mind having a little more noise to add to the atmosphere!"

Tell that to Chouh.

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